



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Asbjørn Øksendal

□□□: 5:51:44

□□: 156

□□: 6.48 km/h

□□□□: 9:16 min/km

□□: 38.00 km

Trail Run

□□□□□: 64 (of 143)

□□□□□□: 3:46:48

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□□□□□: 59(of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:21:37	-	63	24:15	68	24:15	-	1:21:37	-	63	24:15	68	24:15
Hogstad	-	1:06:59	-	66	22:05	73	22:05	-	2:28:36	-	64	46:20	70	46:20
Storaberget	-	32:46	-	85	13:21	97	13:21	-	3:01:22	-	63	59:41	70	59:41
Myland	-	1:23:18	-	57	31:28	64	1:13:59	-	4:24:40	-	61	1:31:09	69	1:31:09
Vårlivarde	-	24:44	-	77	12:14	92	12:14	-	4:49:24	-	60	1:43:23	67	1:43:23
Lauvås	-	37:59	-	34	15:46	38	15:46	-	5:27:23	-	59	1:57:50	66	1:57:50
Finish	-	24:21	-	18	7:06	22	7:06	38.00	5:51:44	-	59	2:04:56	64	2:04:56